



# PRIDE MONTH

## CELEBRATIONS

**CELEBRATING THE PRIDE FLAG | JUNE 15, 2023 | 1:30 PM - 2:30 PM | ADMINISTRATION BUILDING**

Join the LGBTQ+ Alliance, Club Spectrum, and PRIDE Programs and Resources to learn about the history of the Pride Flag and what raising the flag represents. Hear from members of our Miramar LGBTQIA+ Community and Allies. A small reception will follow. Wear Pride colors!

**PRIDE SUMMER SELF-CARE WORKSHOP | JUNE 22, 2023 | 12:30 PM - 1:30 PM | REGISTER HERE**

Learn about self-care tips, identify skills to navigate challenges during breaks and transitions, practice emotional self-care, self-compassion and mindfulness, and available mental health resources at Miramar.

**STONEWALL UPRISING | JUNE 28, 2023 | 12:30 PM - 2:00 PM | L-101**

Join the LEAD Office in screening the documentary *Stonewall Uprising*. The Stonewall riots, as they came to be known, marked a major turning point in the modern gay civil rights movement in the United States and around the world.



**PRIDE PARADE "THRIVE" | JULY 15, 2023 | BALBOA PARK**

Register to walk to represent Miramar at the 2023 San Diego Pride Parade. Students, faculty, administrators, and classified professionals from the San Diego Community College District will march under the district banner at the annual San Diego Pride Parade.

**EVENTS SPONSORED BY THE FOLLOWING PROGRAMS & DEPARTMENTS**

**PRESIDENTS OFFICE | MENTAL HEALTH COUNSELING | STUDENT AFFAIRS | LEAD**

